

# Master List Hydroethanolic Extracts

## LEGEND

SU = Summer  
SP = Spring

W = Winter  
F = Fall

Latin Name	Common Name	Harvest	Part of Plant	Form	%C2H6O	%H2O	%C3H8O3	Ratio	Notes
<i>Alnus rubra</i>	<b>ALDER</b>	F/W	bark	fresh	50	40	10	1:4	
<i>Angelica spp.</i>	<b>ANGELICA</b>	SU	seed	fresh	75	25		1:4	Use green seeds.
<i>Angelica spp.</i>	<b>ANGELICA</b>	F	root	fresh	75	25		1:2	Oil from fresh root may irritate skin. Berberine is only slowly soluble in water. Double time. They lend themselves well to the idea of doing a second extraction of the marc and using that for next year's extraction. Dig crown, whittle bark off largest roots and replant crown with several intact smaller roots
<i>Berberis vulgaris</i>	<b>BARBERRY</b>	SP/F	root bark	fresh	60	40		1:2	
<i>Cimicifuga racemosa</i>	<b>BLACK COHOSH</b>	F	root	fresh	75	25		1:2	
<i>Juglans nigra</i>	<b>BLACK WALNUT</b>	SP	leaf	wilted	95	5		1:1	First Aid
<i>Juglans nigra</i>	<b>BLACK WALNUT</b>	SU	hulls	fresh	50	50		1:2	Use green black walnut hulls.
<i>Dicentra formosa</i>	<b>BLEEDING HEART</b>	F	root	fresh	75	25		1:2	
<i>Caulophyllum thalictroides</i>	<b>BLUE COHOSH</b>	F	root	fresh	50	50		1:2	Prefer fresh. Dried less effective.
<i>Verbena hastata</i>	<b>BLUE VERVAIN</b>	SU	aerial	wilted	40	60		1:2	
<i>Eupatorium perfoliatum</i>	<b>BONESET</b>	SU	leaf/flowering tops	fresh	40	60		1:2	
<i>Borago officinalis</i>	<b>BORAGE</b>	SU	flowering tops	fresh	30	70		1:2	Best if buds are tinctured just when they flower. This is the Brit Prep. Should turn a deep blue-green and smell of fairies. You can also prepare like feverfew.
<i>Arctium lappa</i>	<b>BURDOCK</b>	F	seed	dry	95	5		1:4	
<i>Arctium lappa</i>	<b>BURDOCK</b>	F	root	fresh	50	50		1:2	Generally prefer preserved decoction or decocting. Brit prep 1:2 25%.
<i>Eschscholtzia californica</i>	<b>CA POPPY</b>	SP/SU	whole plant	fresh	60	40		1:2	
<i>Acorus calamus</i>	<b>CALAMUS</b>	F	rhizome	fresh	75	25		1:2	Remove rootlets before chopping.
<i>Calendula officinalis</i>	<b>CALENDULA</b>	SU	flowering tops	fresh	95	5		1:1	Have to denature proteins to extract carotenoids especially when addressing capillary fragility. Source: 1968 Medicine's Act Wear gloves orange latex stains the skin.
<i>Chelidonium majus</i>	<b>CELANDINE</b>	SU	stems	fresh	45	55		1:5	
<i>Stellaria media</i>	<b>CHICKWEED</b>	SU	aerial	fresh	50	50		1:1	Alternately you can prepare this like Feverfew.
<i>Galium aparine</i>	<b>CLEAVERS</b>	SP	aerial	fresh	30	70		1:2	Prepare like Feverfew
<i>Tussilago farfara</i>	<b>COLTSFOOT</b>	SP/F	leaf	fresh	75	25		1:2	If you can pick some flowers early in the spring and dry them to add to the leaf, it is a nice preparation. Brit. 1:3
<i>Corydalis spp</i>	<b>CORYDALIS</b>	F	root	fresh	75	25		1:2	
<i>Tanacetum balsamita</i>	<b>COSTMARY</b>	SU	leaf	fresh	45	55		1:1	Leaves are mature when they are a blue color. Pick only the cleanest leaves and some flowers if present. Prepare similarly to feverfew.
<i>Populus balsamifera</i>	<b>COTTONWOOD</b>	SP/F	buds	fresh	95	5		1:2	Buds best prepared in an infused oil - HEAT
<i>Viburnum spp.</i>	<b>CRAMP BARK, BLACK HAW</b>		bark	fresh	50	50		1:2	Harvest in late fall after leaf drop but before bud formation.
<i>Taraxacum officinale</i>	<b>DANDELION</b>	SU	leaf	fresh	75	25		1:2	

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<i>Taraxacum officinale</i>	<b>DANDELION</b>	SP	root	fresh	40	60		1:2	Brit prep 1:2 25%.
<i>Datura spp</i>	<b>DATURA</b>	SU	leaf only	fresh	45	55		1:6	Source: 1968 Medicines Act Save seeds for topicals.
<i>Atropa belladonna</i>	<b>DEADLY NIGHTSHADE</b>	SU	leaf only	fresh	70	30		1:10	Source 1968 Medicine's Act Harvest leaves before berries develop.
<i>Apocynum androsaemifolium</i>	<b>DOGBANE</b>	F	root	dry	50	50		1:5	
<i>Cornus nuttallii</i>	<b>DOGWOOD</b>	SP/F	bark	fresh	75	25		1:2	
<i>Lysichiton americanum</i>	<b>E. SKUNK CABBAGE</b>	SU/F	root	fresh	95	5		1:2	
<i>Echinacea spp.</i>	<b>ECHINACEA</b>	F	seed	fresh	50	50		1:5	Use green seeds.
<i>Echinacea spp.</i>	<b>ECHINACEA</b>	F	root	fresh	75	25		1:2	Harvest as soon as foliage dies off in the fall. Use this extract to preserve decoction of spent marc (Like Mushroom). Angustifolia maintains its constituents better through the drying process, but either species is fine if you are working with fresh root
<i>Sambucus spp</i>	<b>ELDER</b>	SP	flower	fresh	75	25		1:2	
<i>Sambucus spp</i>	<b>ELDER</b>	SU	berry	dry	50	50		1:3	Fresh berries may cause digestive complaints. Better as a liqueur.
<i>Inula helenium</i>	<b>ELECAMPANE</b>	w	root	fresh	95	5		1:2	Harvest 2nd year roots. Leave two or three young roots on crown and replant--general rule for most root harvests. The strenght of this extract is once again due to the fact that you will use it to preserve a decoction of the spent marc. Just like mushroom and echinacea
<i>Pedicularis spp.</i>	<b>ELEPHANT'S HEAD, PARF F</b>	F	aerial	fresh	75	25		1:2	
<i>Euphrasia officinalis</i>	<b>EYEBRIGHT</b>	SU	leaf and flowers	fresh	40	60		1:2	Harvest later in the season while in flower.
<i>Smilacina racemosa</i>	<b>FALSE SOLOMON'S SEAL</b>	SU	root	fresh	50	50		1:2	Dried fairly ineffective.
<i>Tanacetum parthenium</i>	<b>FEVERFEW</b>	SP/F	leaf and flowering tops	fresh	50	50		1:1	Juice arial parts of reverrew and press out as much juice from the marc as you can. Put the juice in the refrigerator. Say out of a pound you get 500 ml juice ( you won't this is just for ease) You would then add 500 ml of 45-50% alcohol to this mark and let it sit overnight on a warm surface. In 12 hours press the alcohol solution and add it to the juice
<i>Fumaria officinalis</i>	<b>FUMITORY</b>	SU	aerial	wilted	75	25		1:2	
<i>Gentiana sceptrum</i>	<b>GENTIAN</b>	SP	aerial	fresh	75	25		1:2	Only harvest one stalk per plant.
<i>Matricaria recutita</i>	<b>GER. CHAMOMILE</b>	SU	flowering tops	fresh	60	40		1:2	
<i>Solidago spp.</i>	<b>GOLDENROD</b>	F	flowering tops	wilted	75	25		1:2	<i>S. virgaurea</i> is superior to <i>S. canadensis</i> .
<i>Hydrastis canadensis</i>	<b>GOLDENSEAL</b>	F	root	fresh	60	40		1.5	re-macerate the spent marc and use as next years menstruum
<i>Grindelia sp.</i>	<b>GRINDELIA</b>	SU	flowering tops	fresh	95	5		1:2	
<i>Crataegus monogyna</i>	<b>HAWTHORN</b>	SP	flowering twigs	fresh	75	15	10	1:2	This extract is to be used as the menstruum for fall berries.
<i>Crataegus monogyna</i>	<b>HAWTHORN</b>	F	berry	dry	50	40	10	1:3	
<i>Viola tricolor</i>	<b>HEARTSEASE</b>	SU	aerial	fresh	50	50		1:2	
<i>Hyoscyamus niger</i>	<b>HENBANE</b>	SU	leaf and flowering tops	fresh	70	30		1:10	Source: 1968 Medicines Act Dosage 5-10 ml per week.
<i>Ocimum sanctum</i>	<b>HOLY BASIL</b>	F	leaf and flowering tops.	fresh	75	25		1:2	
<i>Humulus lupulus</i>	<b>HOPS</b>	SU	strobules	wilted	75	25		1:3	
<i>Marrubium vulgare</i>	<b>HOREHOUND</b>	F	leaf	dry	50	50		1:5	
<i>Equisetum sp.</i>	<b>HORSETAIL</b>	SP	aerial	fresh	95	5		1:2	

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<i>Hyssopus officinalis</i>	<b>HYSSOP</b>	SU	leaf and flowering tops		75	25		1:2	
<i>Juniperus occidentalis</i>	<b>JUNIPER</b>	SU/F	berry	dry	75	25		1:3	
<i>Piper methysticum</i>	<b>KAVA KAVA</b>		root	dry	75	25		1:5	Fresh root requires 95%
<i>Alchemilla vulgaris</i>	<b>LADY'S MANTLE</b>	SP	flowering tops	fresh	75	25		1:2	Brit's - 1:3 25%
<i>Lavendula angustifolia</i>	<b>LAVENDER</b>	SU	flowering tops	fresh	95	5		1:2	
<i>Melissa officinalis</i>	<b>LEMON BALM</b>	SU	aerial	wilted	95	5		1:2	Harvest in on a hot, dry afternoon. Avoid stems to get to 1:1 if possible. Brit's only steep lemon balm tinctures for overnight and they are quite light and lovely.
<i>Glycyrrhiza glabra</i>	<b>LICORICE</b>	F	root	fresh	40	60		1:3	Good licorice root is green when cut.
<i>Ligusticum grayii</i>	<b>LIGUSTICUM</b>	SU/F	root	dry	70	30		1:5	
<i>Convallaria majalis</i>	<b>LILY OF THE VALLEY</b>	SP	leaf and stem	fresh	45	55		1:5	Harvest upon flowering. Pick your sweetheart a posy of the blooms and then cut the stems and leaves off at the ground.
<i>Tilia spp.</i>	<b>LINDEN/LIME FLOWERS</b>	SP	flower	fresh	25	75		1:3	Harvest when pollinators seem most active.
<i>Lobelia spp.</i>	<b>LOBELIA</b>	SU	aerial	fresh	60	40		1:8	Source 1968 Medicine's Act Dosage: 5-30 ml per week.
<i>Lomatium dissectum</i>	<b>LOMATIUM</b>	SU/F	root	dry	70	30		1:5	
<i>Ganoderma lucidum, Hericium erinaceus, Coriolus versicolor, Pluerotus ostreatus</i>	<b>MEDICINAL MUSHROOM</b>	SP/SU	fruiting body	dry	80	20		1:5	Preserve the fresh mushroom decoction with this extract.
<i>Mentha x piperita, Nepeta cataria, Mentha spicata</i>	<b>MINTS</b>	SU	leaf	wilted	75	25		1:1	Fresh 95:5 Don't use stems in measuring plant material.
<i>Monarda spp.</i>	<b>MONARDA, HORSEMINT</b>	SU	flowering tops	fresh	95	5		1:2	75:25 works for wilted. M. punctata has more thymol than M fistulosa.
<i>Ephedra viridis</i>	<b>MORMON TEA</b>	SU/F	aerial	dry	50	40	10	1:5	
<i>Leonurus cardiaca</i>	<b>MOTHERWORT</b>	SU	leaf	dry	65	15		1:5	
<i>Artemisia vulgaris</i>	<b>MUGWORT</b>	SU	leaf	wilted	75	25		1:5	
<i>Verbascum thapsus</i>	<b>MULLEIN</b>	F	root	fresh	50	50		1:2	
<i>Verbascum thapsus</i>	<b>MULLEIN</b>	F	leaf	fresh	40	60		1:2	Make this extract of young leaves to use as a menstruum for the root extract.
<i>Thuja occidentalis</i>	<b>N. WHITE CEDAR</b>	F	leaf	dry	75	25		1:5	
<i>Quercus spp.</i>	<b>OAK</b>	SP/F	bark	dry	95	5		1:4	Oak galls can be dried, powdered , or used to make astringent liniments.
<i>Avena sativa</i>	<b>OATS</b>	SP	milky seeds	fresh	40	60		1:2	Use green seeds.
<i>Petroselinum crispus</i>	<b>PARSLEY</b>	F	root	fresh	75	40		1:3	Use root of flat-leafed Italian Parsley plants. Use the leaves as it encourages root growth. This is a good one to use extract the leaf of the plant in the summer and use that extract to macerate the roots.
<i>Pinus ponderosa</i>	<b>PINE</b>	F	resin	fresh	95	5		1:2	
<i>Chimaphila umbellata</i>	<b>PIPSISSEWA</b>	SU	aerial	dry	50	50		1:5	
<i>Plantago spp</i>	<b>PLANTAIN</b>	F	leaf	fresh	50	50		1:2	Brit Prep: 1:3 25%, Ribwort especially.
<i>Phytolacca americana</i>	<b>POKE</b>	SU	root	fresh	45	55		1:3	Brit Prep
<i>Papaver somniferum</i>	<b>POPPY</b>	F	seed pods	dried	70	30		1:10	
<i>Anemone spp</i>	<b>PULSATILLA</b>	SU	aerial	dried	50	50		1:5	Some source say the fresh herb is toxic.
<i>Populus tremuloides</i>	<b>QUAKING ASPEN</b>	F	bark	fresh	75	25		1:2	
<i>Actaea rubra</i>	<b>RED BANE BERRY</b>	SU/F	root	fresh	60	40		1:8	
<i>Ceanothus spp.</i>	<b>RED ROOT</b>	F	root bark	dry	40	60	10	1:5	You can add 10% glycerin to this.

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<i>Commiphora, Boswellia</i>	<b>RESINS</b>			dried	95	5		1:3	
<i>Chamaemelum nobile</i>	<b>ROMAN CHAMOMILE</b>	SU	flowers	fresh	45	55		1:3	Brits consider it to be a stronger preparation despite the lower yields. Flower early in the year right before sage blooms for best quality.
<i>Salvia spp.</i>	<b>SAGE</b>	SP	flowering tops	wilted	75	25		1:2	
<i>Smilax regelii</i>	<b>SARSPARILLA</b>		root	dried	50	50		1.5	
<i>Schizandra chinensis</i>	<b>SCHIZANDRA</b>	F	berry	dry	50	50		1:3	
<i>Prunella vulgaris</i>	<b>SELF HEAL</b>	SU	flowering tops	fresh	75	25	1	1:2	
<i>Capsella bursa-pastoris</i>	<b>SHEPHERD'S PURSE</b>	SP	whole plant	fresh	40	60		1:2	
<i>Sculetaria lateriflora</i>	<b>SKULLCAP</b>	F	flowering tops	fresh	50	25		1:2	burgandy.
<i>Sculetaria lateriflora</i>	<b>SKULLCAP</b>	SU	leaf and flowering tops	fresh	75	25		1:2	Like the other mints, discard stem.
<i>Polygonatum biflorum</i>	<b>SOLOMON'S SEAL</b>	SP/F	rhizome	fresh	50	50		1:2	
<i>Hypericum perforatum</i>	<b>ST JOHN'S WORT</b>	SU	flowering tops	fresh	75	25		1:2	Crush buds before macerating.
<i>Urtica dioica</i>	<b>STINGING NETTLE</b>	F	seed	fresh	75	25		1:5	
<i>Urtica dioica</i>	<b>STINGING NETTLE</b>	SU	aerial	dried	50	50		1:3	
<i>Urtica dioica</i>	<b>STINGING NETTLE</b>	SU	aerial	fresh	75	25		1:2	
<i>Thymus vulgaris</i>	<b>THYME</b>	SU	aerial	fresh	75	25		1:2	Harvest just as it comes into flower.
<i>Usnea spp.</i>	<b>USNEA</b>	SP	thallus	wilted	75	25		1:5	Tincture over low heat. Use 95% for fresh.
<i>Arctostaphylos uva-ursi</i>	<b>UVA-URSI</b>	SU	leaf	dry	50	50		1:5	Pear skins also contain arbutin.
<i>Valeriana spp</i>	<b>VALERIAN</b>	SP/F	root & rhizome	fresh	75	25		1:2	Don't let all of your valerian flower. It inhibits root growth and roots attached to stems that flower often die. 1:2 45%
<i>Viola spp</i>	<b>VIOLET</b>	SP/F	aerial	fresh	50	50		1:2	Lower alcohol to extract more leaf mucilage.
<i>Paeonia albiflora</i>	<b>W. PEONY</b>	F	root	dry	60	40		1:5	
<i>Daucus carota</i>	<b>WILD CARROT</b>	SU	seed	fresh	95	5		1:2	
<i>Prunus virginiana</i>	<b>WILD CHERRY</b>	SU	bark	dry	50	50		1:4	inner bark. Soak overnight to extract some cyanocyanic acid
<i>Asarum caudatum</i>	<b>WILD GINGER</b>	F	root & rhizome	fresh	95	5		1:2	
<i>Lactuca spp.</i>	<b>WILD LETTUCE</b>	SU	stems	fresh	45	55		1:2	Gash at stem to see if latex is running, before harvesting. Harvest on hot day Best if triplicated with same menstruum for 9 days each run.
<i>Salix alba</i>	<b>WILLOW</b>	SP	bark	fresh	40	60		1:4	Harvest in early spring as leaf buds form. (Cottonwood time) Harvest bark off new growth from previous year.
<i>Stachys officinalis</i>	<b>WOOD BETONY</b>	SU	aerial	wilted	60	40		1:2	Harvest at full flower.
<i>Artemisia absinthium</i>	<b>WORMWOOD</b>	SU	aerial	wilted	75	25		1:3	Brit Prep: 45% 1:10
<i>Achillea millefolium</i>	<b>YARROW</b>	SU	flower	wilted	75	25		1:5	Anti-inflammatory
<i>Achillea millefolium</i>	<b>YARROW</b>	SU	leaf	fresh	95	5		1:2	First Aid
<i>Rumex crispus</i>	<b>YELLOW DOCK</b>	F	root	dry	50	40	10	1:5	You can also use molasses instead of glycerin.
<i>Nuphar polysepalum</i>	<b>YELLOW POND LILY</b>	SP	root	fresh	60	40		1:2	Per Lalayna.